

Gut Check: What's Sabotaging Your Dog's Microbiome?

You just learned that the microbiome controls immunity, behavior, skin, energy, and longevity. But what if you're accidentally working against it? Here are five silent saboteurs destroying your dog's gut health right now - and what to do instead.

1. Antibiotics Without Protection

Traditional Probiotics after antibiotics actually DELAY gut recovery - research proves it.

WHAT TO DO INSTEAD

- Use spore-forming probiotics that repair gut lining
- Always ask: "Is this antibiotic absolutely necessary?"

2. Kibble (Even "Premium" Brands)

Highly processed food = compromised nutrient extraction. Your dogs can't convert damaged ingredients into usable fuel.

WHAT TO DO INSTEAD

- Switch to a whole food nutrition in ANY format.
- First 5 Ingredients matter - real meat should be #1
- Avoid "meat meal," "by-products," & vague terms

3. Chronic Stress & Inflammation

Fight-or-Flight mode shuts down proper digestion and nutrient absorption

WHAT TO DO INSTEAD

- Address anxiety early (it's often gut related)
- Use products that support the psychobiome.
- Treat underlying inflammation, not just symptoms

4. Ignoring "North to South"

You can't fix the microbiome if the upper digestive tract isn't working properly.

WHAT TO DO INSTEAD

- Support gut biochemistry FIRST
- Stomach acid, enzymes, bile production
- Work the north to get to the south

5. Treating Symptoms, Not Root Causes

Steroids, antibiotics, medications - without addressing the gut. You're playing whack-a-mole.

WHAT TO DO INSTEAD

- Always ask: "What's the root cause?"
- For skin: detox the gut and liver first
- For behavior: support the gut-brain axis
- For chronic issues: work the gut

The Bottom Line:

The microbiome is The Center of the Universe. Period. Full stop.



Ready to Stop Guessing and Start Thriving?

We help dogs who are stuck in the conventional treatment cycle finally break free.

Our approach starts with whole food nutrition, supports the entire digestive system from north to south, and creates lasting health - not just symptom management.

START NOW AT [REVITALIZINGPETCARE.COM](https://revitalizingpetcare.com).